

# Protect Yourself from Germs!



Germs are everywhere -- in the air and on surfaces we touch. Germs enter our bodies through the air or from our hands.

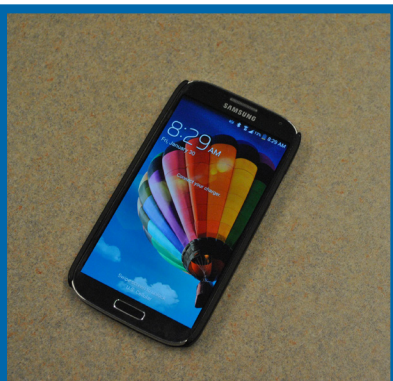
## You can slow the spread of germs

- Stay home when sick
- Cover your coughs and sneezes
- Wash your hands



## Examples of surfaces to keep clean

- Computer keyboards
- Computer mice
- Countertops
- Door handles
- Light switches
- Phones



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**Thielen Student Health Center: (515) 294-5801**  
**McFarland Clinic - Adult Medicine: (515) 239-4431**  
**Environmental Health and Safety: (515) 294-5359**